



Interior Health



# Drug Poisoning Overdose ALERT

## Williams Lake and Surrounding Area

**Fatal overdoses are increasing in Williams Lake and Area.**

In effect until May 07, 2024

**START LOW  
+  
GO SLOW!**

**Be a buddy:  
Reach out for  
a buddy so  
no one uses  
alone!**

**Help us better understand the drug supply by getting your drugs checked.**

**No matter what or how you use (smoking, snorting, injecting) take steps to prevent overdose:**

- Get your drugs checked – find locations at [drugchecking.ca](http://drugchecking.ca)
- Be aware of increased risk if mixing with other drugs, including alcohol
- Use with others around or at an Overdose Prevention Site (OPS)
- Start with a small amount and space out your doses
- Carry naloxone and know how use it
- Get the LifeGuard App - [lifeguarddh.com](http://lifeguarddh.com)
- Call 211 or visit [bc211.ca](http://bc211.ca) to find services near you

**Local Services  
Substance Use  
Connections  
250-267-6625  
Crisis Response  
250-305-8496  
Drug Checking  
250-305-4235**